

DURHAM **SPORTZ**

Volleyball Rules:

a) General Housekeeping & Sportsmanship

1. This is Recreational Volleyball - We recommend not taking things too seriously. Having fun is the most important aspect to this game.
2. We expect all players to clean up after themselves and to respect the gymnasium. No outside food or drinks are allowed with the exception of water & energy drinks.

b) Game Scoring & Format

3. All games are self officiated. Each team is required to call their own points/fouls as well as keep score either verbally or with the scoreboard provided.
4. There is no grace period. Our permit time is limited and we want to ensure that you get the maximum playing time possible. Please be prompt and ready to go.
5. Each game is 25 minutes long. You will play 2 sets up to 21 points each within this time. If the 2nd game is not complete at the buzzer, you will report the score at the time of the buzzer on your scoresheet. You will play 2 opponents each night.
6. After each set, the winning team must record the score on the scoresheet provided.
7. Once the buzzer goes, there will be no more serves allowed unless there is a tie.

c) Rules & Guidelines

8. We will be following Volleyball Canada's rules & guidelines. Please click here for more info: [Rules & Guidelines 2023-24](#)
9. In the case of an obvious missed call, the opposing team may politely bring this to the attention of the opponent, assuming they don't know the rule or missed the call. The point can be replayed if no agreement is made.
10. Each team will have 6 players per game (at least 4 players to start including at least 1 female). A team can have a maximum of 4 males on the court at all times provided that there are 2 females on the court with them. If a team has only 1 female, a maximum of 3 males can play on the court at that time. If a team has no females, or if a team has 3 players or less, it will result in a forfeit.
11. As this is recreational volleyball, we expect a mix of beginner and recreational leveled players. Beginner/Rec players typically use 3 hits sometimes, serve both under and overhand, generally just try to get the ball over the net, and hit downwards sometimes but not often.

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12. We will try our best to have everyone within a similar skill set to make it enjoyable and fair for all participants. That being said, players will be spoken to if they are deemed too advanced for the league.
13. Again, dishonesty and unsportsmanlike conduct will not be tolerated and can result in penalties, loss of match/games, and removal from the league if excessive. We are here to have fun